



The Episcopal Church of the Good Shepherd

goodshepherdfw.org

The Third Sunday in Lent (Year A)

March 8, 2026 – 8:00 & 10:30 a.m. – Good Shepherd
1:00 p.m. – Emmanuel All Nations



Hochhalter, Cara B.. Woman at the Well, from *Art in the Christian Tradition*, a project of the Vanderbilt Divinity Library, Nashville, TN. <https://diglib.library.vanderbilt.edu/act-imagelink.pl?RC=59023> [retrieved March 3, 2026]. Original source: Cara B. Hochhalter.

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*The Church of the Good Shepherd practices inclusion, inspires healing,
and promotes justice as we journey with Christ in love.*

Join our email list: <https://tinyurl.com/goodshepemails>

Welcome, Guests and Newcomers!

This is Christ's House. Come, you who feel weak and unworthy. Come, you who come often and you who have stayed away. Come, you who love Jesus, and you who wish you could. Come, sinners and saints, women, men, and gender non-conforming, gay and straight, young and old. Come, you who are lonely and long for friendship. Come, you who are homeless and you who have a place to rest your heads. Come, you who are citizens of this land and you who are not. Here you are citizens of the kingdom of God. Come join God's people at the feast prepared for you from the beginning of the world.

In addition to our weekly Sunday morning worship, we have been offering a variety of other online opportunities to connect—for people of all ages.

- Our website: goodshepherdfw.org.
- Our YouTube page: tinyurl.com/gsfwyoutube.
- Sign up for *The Shepherd's Crook*, our weekly newsletter, at tinyurl.com/goodshepemails.
- To go even deeper, join *Realm*, our online community of worshippers: onrealm.org/goodshepfw.
- Shortcut to Realm Resources for parishioners (password-protected): tinyurl.com/gsfwresources.
- Make a financial pledge to Good Shepherd for 2026: tinyurl.com/pledgegoodshep2026.

Recording and Streaming in Use

Recording and streaming in use: Please note that video cameras and microphones are capturing our 10:30 worship service, and that the resulting content is being transmitted online. Likewise, from time to time still photography of our worship services may be taken and used for church communications, websites, and other uses. By your presence within the worship space or on Zoom, you are indicating your consent to the possibility that your likeness may be captured and used in any of these ways. While video capture of congregants in the pews is relatively minimal, if you wish to guarantee you will not ever be depicted on video, the area toward the back of the pew seating area is unable to be picked up on camera.

Land Acknowledgment

We acknowledge that the Church of the Good Shepherd sits on a seasonal campground of the [Puyallup \(puyallup-tribe.com\)](https://puyallup-tribe.com) and [Coast Salish People](https://coast.salishpeople.com), who have lived on and stewarded these lands for thousands of years and continue to do so today. We recognize that this land acknowledgement is one small step toward true allyship, and we commit to uplifting the voices, experiences, and histories of the Indigenous people of this land and beyond.

How can you make this Land Acknowledgment more than a performative gesture? Go to the tribe's news website (<https://news.puyalluptribe-nsn.gov/>) and sign up for their newsletter. Notice what issues are important to the Puyallup people and decide how you can begin to forge a learning relationship.



The Season of Lent

Early Christians observed “a season of penitence and fasting” in preparation for the Paschal feast, or *Pascha* (BCP, pp. 264-265). In English we refer to Pascha as Easter.

The season now known as Lent (from an Old English word meaning “spring,” the time of lengthening days) has a long history. Originally, in places where Pascha was celebrated on a Sunday, the Paschal feast followed a fast of up to two days. In the third century this fast was lengthened to six days. Eventually this fast became attached to, or overlapped, another fast of forty days, in imitation of Christ’s fasting in the wilderness. The forty-day fast was especially important for converts to the faith who were preparing for baptism, and for those guilty of notorious sins who were being restored to the Christian assembly.

In the western church the forty days of Lent extend from Ash Wednesday through Holy Saturday, omitting Sundays. The last three days of Lent are the sacred Triduum (“three days”) of Maundy Thursday, Good Friday, and Holy Saturday.

Today Lent has reacquired its significance as the final preparation of adult candidates for baptism. Joining with them, all Christians are invited “to the observance of a holy Lent, by self-examination and repentance; by prayer, fasting, and self-denial; and by reading and meditating on God’s holy Word” (BCP, p. 265).

You may notice that we are not using the word “Alleluia” in worship during Lent. This is a longstanding tradition among liturgical Christians. We mute our joy during this season and save up that sacred word to use again when we proclaim Christ’s Resurrection.

HOLY EUCHARIST: Rite Two

The Liturgy of the Word

At the 8:00 service, we skip all musical portions or, where indicated, read the text of them.

Processional Hymn: Come, Thou Font of Every Blessing (*The Hymnal 1982 #686*)



1 Come, thou fount of ev - ery bless - ing, tune my
 2 Here I find my great - est trea - sure; hith - er,
 3 Oh, to grace how great a debt - or dai - ly



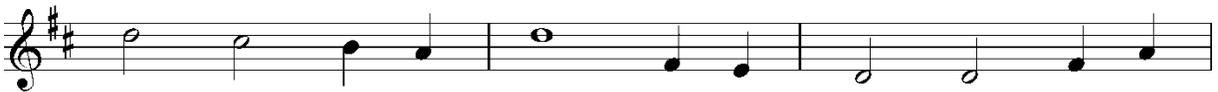
heart to sing thy grace! Streams of mer - cy nev - er
 by thy help, I've come; and I hope, by thy good
 I'm con - strained to be! Let thy good - ness, like a



ceas - ing, call for songs of loud - est praise.
 plea - sure, safe - ly to ar - rive at home.
 fet - ter, bind my wan - dering heart to thee:



Teach me some me - lo - dious son - net, sung by
 Je - sus sought me when a stran - ger wan - dering
 prone to wan - der, Lord, I feel it, prone to



flam - ing tongues a - bove. Praise the mount! Oh, fix me
 from the fold of God; he, to res - cue me from
 leave the God I love; here's my heart, oh, take and



on it, mount of God's un - chang - ing love.
 dan - ger, in - ter - posed his pre - cious blood.
 seal it, seal it for thy courts a - bove.

Words: Robert Robinson (1735-1790), alt. Music: *Nettleton*, melody from *A Repository of Sacred Music, Part II*, 1813; harm. Gerre Hancock (b. 1934).

The Opening Acclamation

Presider: Blessed be God: Father, Son, and Holy Spirit.

People: **And blessed be God's kingdom, now and forever. Amen.**

The Collect for Purity

Presider: Almighty God, to you all hearts are open, all desires known, and from you no secrets are hid: Cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your holy Name; through Christ our Lord. **Amen.**

Kyrie (Alan Lynch)

Lord have mer - cy Chri - st have mer - cy

Lord have mer - cy up - on us.

The Collect of the Day

Presider: The Lord be with you.

People: **And also with you.**

Presider: Let us pray.

Almighty God, you know that we have no power in ourselves to help ourselves: Keep us both outwardly in our bodies and inwardly in our souls, that we may be defended from all adversities which may happen to the body, and from all evil thoughts which may assault and hurt the soul; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. *Amen.*

The congregation is seated.

The Lessons

Our readings from the Bible each week usually include one from the Old Testament or Hebrew Scriptures; a Psalm; one from the New Testament or Christian Scriptures; and a reading from one of the four Gospels, the accounts of the life of Jesus.

First Lesson (Exodus 17:1–7)

Lector: A reading from the Book of Exodus.

From the wilderness of Sin the whole congregation of the Israelites journeyed by stages, as the LORD commanded. They camped at Rephidim, but there was no water for the people to drink. The people quarreled with Moses, and said, “Give us water to drink.” Moses said to them, “Why do you quarrel with me? Why do you test the LORD?” But the people thirsted there for water; and the people complained against Moses and said, “Why did you bring us out of Egypt, to kill us and our children and livestock with thirst?” So Moses cried out to the LORD, “What shall I do with this people? They are almost ready to stone me.” The LORD said to Moses, “Go on ahead of the people, and take some of the elders of Israel with you; take in your hand the staff with which you struck the Nile, and go. I will be standing there in front of you on the rock at Horeb. Strike the rock, and water will come out of it, so that the people may drink.” Moses did so, in the sight of the elders of Israel. He called the place Massah and Meribah, because the Israelites quarreled and tested the LORD, saying, “Is the LORD among us or not?”

... Hear what the Spirit is saying to the Churches.

People: **Thanks be to God.**

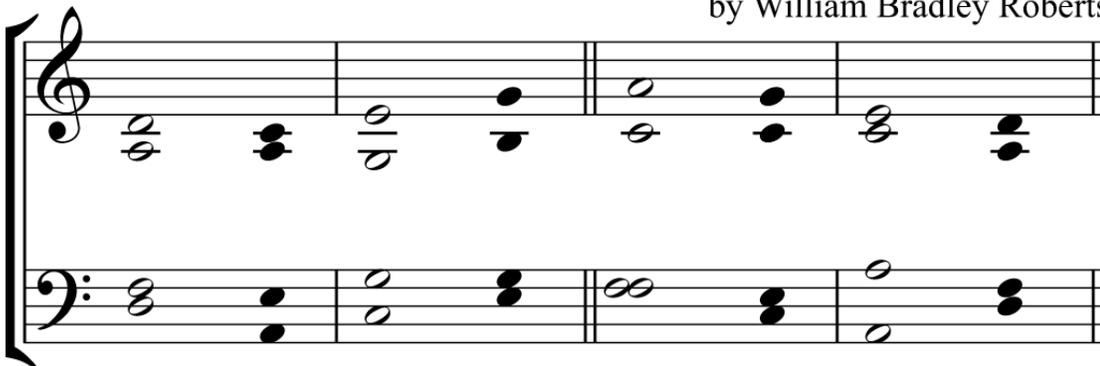
Psalm 95

At 8:00, the first lector invites us to read the text as follows:

Let us pray the psalm responsively by verse.

At 10:30, the congregation is invited to sing along with the cantor or choir.

Adapted from *Wondrous Love*
by William Bradley Roberts



- 1 Come, let us sing to the **Lord**; *
let us shout for joy to the Rock of our **salvation**.
- 2 Let us come before his presence with **thanksgiving** *
and raise a loud shout to him with **psalms**.
- 3 For the Lord is a great **God**, *
and a great King above all **gods**.
- 4 In his hand are the caverns of the **earth**, *
and the heights of the hills are his **also**.
- 5 The sea is his, for he made it, *
and his hands have molded the dry **land**.
- 6 Come, let us bow down, and bend the **knee**, *
and kneel before the Lord our **Maker**.
- 7 For he is our God,
and we are the people of his pasture and the sheep of his **hand**. *
Oh, that today you would hearken to his **voice**!
- 8 Harden not your hearts,
as your forebears did in the **wilderness**, *
at Meribah, and on that day at **Massah**,
when they **tempted me**.
- 9 They put me to the **test**, *
though they had seen my **works**.
- 10 Forty years long I detested that generation and **said**, *
"This people are wayward in their hearts;
they do not know my **ways**."
- *11 So I swore in my **wrath**, *
"They shall not enter into my **rest**."

Second Lesson (Romans 5:1–11)

Lector: A reading from the Letter of Paul to the Romans.

Since we are justified by faith, we have peace with God through our Lord Jesus Christ, through whom we have obtained access to this grace in which we stand; and we boast in our hope of sharing the glory of God. And not only that, but we also boast in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not disappoint us, because God's love has been poured into our hearts through the Holy Spirit that has been given to us.

For while we were still weak, at the right time Christ died for the ungodly. Indeed, rarely will anyone die for a righteous person-- though perhaps for a good person someone might actually dare to die. But God proves his love for us in that while we still were sinners Christ died for us. Much more surely then, now that we have been justified by his blood, will we be saved through him from the wrath of God. For if while we were enemies, we were reconciled to God through the death of his Son, much more surely, having been reconciled, will we be saved by his life. But more than that, we even boast in God through our Lord Jesus Christ, through whom we have now received reconciliation.

... Hear what the Spirit is saying to the Churches.

People: **Thanks be to God.**

The congregation stands as able.

Gradual Hymn: I Heard the Voice of Jesus Say (*Gather* 3rd ed. #724)



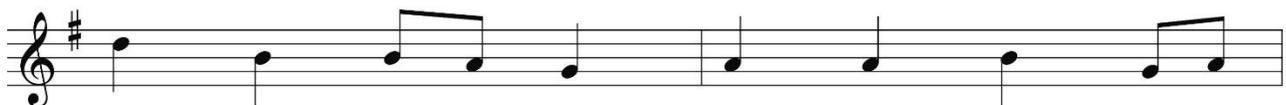
1. I heard the voice of Je - sus say, "Come
 2. I heard the voice of Je - sus say, "Be -
 3. I heard the voice of Je - sus say, "I



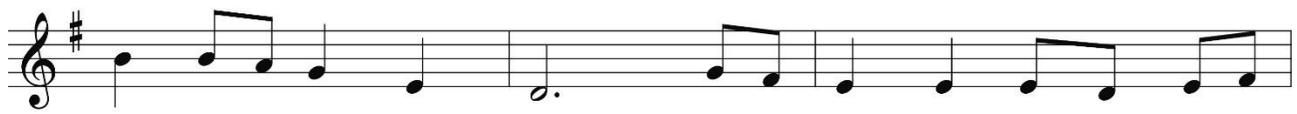
un - to me and rest; Lay down, O wea - ry
 hold, I free - ly give The liv - ing wa - ter;
 am this dark world's light; Look un - to me, your



one, lay down Your head up - on my breast." I
 thirst - y one, Stoop down and drink and live." I
 morn shall rise, And all your day be bright." I



came to Je - sus as I was, So
 came to Je - sus, and I drank Of
 looked to Je - sus, and I found In



wea - ry, worn, and sad; I found in him a
that life - giv - ing stream; My thirst was quenched, my
him my star, my sun; And in that light of



rest - ing place, And he has made me glad.
soul re - vived, And now I live in him.
life I'll walk Till trav - 'ling days are done.

Text: Horatius Bonar, 1808–1889

Tune: KINGSFOLD, CMD; English; harm. by Ralph Vaughan Williams, 1872–1958

The Gospel (John 4:5–42)

Deacon: The Holy Gospel of our Savior Jesus Christ according to John.

People: **Glory to you, Lord Christ.**

Jesus came to a Samaritan city called Sychar, near the plot of ground that Jacob had given to his son Joseph. Jacob's well was there, and Jesus, tired out by his journey, was sitting by the well. It was about noon.

A Samaritan woman came to draw water, and Jesus said to her, "Give me a drink." (His disciples had gone to the city to buy food.) The Samaritan woman said to him, "How is it that you, a Jew, ask a drink of me, a woman of Samaria?" (Jews do not share things in common with Samaritans.) Jesus answered her, "If you knew the gift of God, and who it is that is saying to you, 'Give me a drink,' you would have asked him, and he would have given you living water." The woman said to him, "Sir, you have no bucket, and the well is deep. Where do you get that living water? Are you greater than our ancestor Jacob, who gave us the well, and with his sons and his flocks drank from it?" Jesus said to her, "Everyone who drinks of this water will be thirsty again, but those who drink of the water that I will give them will never be thirsty. The water that I will give will become in them a spring of water gushing up to eternal life." The woman said to him, "Sir, give me this water, so that I may never be thirsty or have to keep coming here to draw water."

Jesus said to her, "Go, call your husband, and come back." The woman answered him, "I have no husband." Jesus said to her, "You are right in saying, 'I have no husband'; for you have had five husbands, and the one you have now is not your husband. What you have said is true!" The woman said to him, "Sir, I see that you are a prophet. Our ancestors worshiped on this mountain, but you say that the place where people must worship is in Jerusalem." Jesus said to her, "Woman, believe me, the hour is coming when you will worship the Father neither on this mountain nor in Jerusalem. You worship what you do not know; we worship what we know,

for salvation is from the Jews. But the hour is coming, and is now here, when the true worshipers will worship the Father in spirit and truth, for the Father seeks such as these to worship him. God is spirit, and those who worship him must worship in spirit and truth.” The woman said to him, “I know that Messiah is coming” (who is called Christ). “When he comes, he will proclaim all things to us.” Jesus said to her, “I am he, the one who is speaking to you.”

Just then his disciples came. They were astonished that he was speaking with a woman, but no one said, “What do you want?” or, “Why are you speaking with her?” Then the woman left her water jar and went back to the city. She said to the people, “Come and see a man who told me everything I have ever done! He cannot be the Messiah, can he?” They left the city and were on their way to him.

Meanwhile the disciples were urging him, “Rabbi, eat something.” But he said to them, “I have food to eat that you do not know about.” So the disciples said to one another, “Surely no one has brought him something to eat?” Jesus said to them, “My food is to do the will of him who sent me and to complete his work. Do you not say, ‘Four months more, then comes the harvest’? But I tell you, look around you, and see how the fields are ripe for harvesting. The reaper is already receiving wages and is gathering fruit for eternal life, so that sower and reaper may rejoice together. For here the saying holds true, ‘One sows and another reaps.’ I sent you to reap that for which you did not labor. Others have labored, and you have entered into their labor.”

Many Samaritans from that city believed in him because of the woman’s testimony, “He told me everything I have ever done.” So when the Samaritans came to him, they asked him to stay with them; and he stayed there two days. And many more believed because of his word. They said to the woman, “It is no longer because of what you said that we believe, for we have heard for ourselves, and we know that this is truly the Savior of the world.”

Deacon: The Gospel of the Lord.

People: **Praise to you, Lord Christ.**

The Sermon (*The Rev. Josh Hosler*)

Sermon audio is recorded and made available on our website.

The Nicene Creed

The congregation stands as able. This statement of belief dates from the 4th century. Here we use it as a prayer. In our post-Enlightenment times, it is helpful to think of the word "believe" not as meaning merely "I intellectually assent," but rather, "I place my trust."

**We believe in one God,
the Father, the Almighty,
maker of heaven and earth,
of all that is, seen and unseen.**

**We believe in one Lord, Jesus Christ,
the only Son of God,
eternally begotten of the Father,
God from God, Light from Light,
true God from true God,
begotten, not made,
of one Being with the Father.
Through him all things were made.**

**For us and for our salvation
he came down from heaven:
by the power of the Holy Spirit
he became incarnate from the Virgin Mary,
and was made man.**

**For our sake he was crucified under Pontius Pilate;
he suffered death and was buried.**

**On the third day he rose again
in accordance with the Scriptures;
he ascended into heaven
and is seated at the right hand of the Father.**

**He will come again in glory to judge the living and the dead,
and his kingdom will have no end.**

**We believe in the Holy Spirit, the Lord, the giver of life,
who proceeds from the Father and the Son.**

With the Father and the Son he is worshiped and glorified.

He has spoken through the Prophets.

We believe in one holy catholic and apostolic Church.

We acknowledge one baptism for the forgiveness of sins.

**We look for the resurrection of the dead,
and the life of the world to come. Amen.**

The Prayers of the People

Every week we pray, using a variety of liturgies, for the world, the church, and those in need. We offer prayers of thanks, and we remember those who have died. We maintain two channels of organized petitionary prayer, the **Prayer List** and the **Prayer Chain**.

Prayer List: To have a name read aloud for prayer during our Sunday services on a temporary or ongoing basis, contact the Rev. Josh Hosler at rector@goodshepherdfw.org. A link to this list can be found in the Shepherd's Crook email.

Prayer Chain: To have a name and a concern emailed to a small group of designated parishioners for one-time, immediate prayer, contact Alisa Johnson at alisajohnson@hotmail.com.

Deacon: O Holy Spirit of God, gather your church and refresh us. Hear our prayers this day and do not leave us comfortless.

Intercessor: We pray for your church throughout the world. Where your church is shrinking, deepen our commitment to share your love with abandon. Where your church is growing, humble us, that we may see change not as fearful but as hopeful. Teach us to disengage from our insistence on specific outcomes. We pray especially for those who seek growth in the church as they explore their Christian faith in more depth during this time, especially **Karen** and her sponsor **Maggie**. May we never neglect to meet together, even in the wilderness.

Silence

Intercessor: In times of trouble and in times of joy,

People: **Holy Spirit, renew and refresh us.**

Intercessor: We pray for our nation and the best of what it has represented: gentle, abiding strength; the mutual sharing of decisions in community; and a commitment to truth. Where we have failed to live these ideals, call us to repentance. Empower us to preserve democracy and safeguard human rights for all those living within our borders. Dispel the clouds of confusion that hide the dishonest actions of the insecure and power-hungry. Teach us to dis-identify from partisan rancor and vengeful goals, and to cleave instead to the risks of mercy and the undeniable truth of our common humanity.

Silence

Intercessor: In times of trouble and in times of joy,

People: **Holy Spirit, renew and refresh us.**

Intercessor: We pray for our ever-shrinking world—for people with whom we share common goals, and for people whose aims are quite different from our own. We pray for all your creatures affected by the rising temperatures and inclement weather we continue to inflict on them. Disenchant us from any notion of our innocence in a world ravaged by the wars of the opportunistic. Empower us to speak and to act with the understanding that the world depends on our kindness and our insistence on justice.

Silence

Intercessor: In times of trouble and in times of joy,

People: **Holy Spirit, renew and refresh us.**

Intercessor: We pray for our community and our neighborhoods. Stir and arise among us, that a spirit of caring and joy may pour out from the Church of the Good Shepherd into the lives of all those we meet and befriend. Disassemble the walls of our church that prevent us from encountering the challenges that surround us, and where opportunity for connection arises, guide us to act on behalf of your love.

Silence

Intercessor: In times of trouble and in times of joy,

People: **Holy Spirit, renew and refresh us.**

Intercessor: We pray for those who suffer and those in any need or trouble, including those here among us today.

The Deacon shares the names of those on our prayer list and invites additional names.

Intercessor: We pray for those who have died, and for those who remember them with honor.

The Deacon shares the names of those who have died and invites additional names.

Intercessor: Entreat us, O Spirit, to share willingly the lot of those who are in pain, that we may help bear their burdens. When we feel too safe or self-assured, disorient us and drive us into the wilderness, that in finding common cause with the suffering, we may come to know you all the more.

Silence

Intercessor: In times of trouble and in times of joy,

People: **Holy Spirit, renew and refresh us.**

Presider: Almighty God, to whom our needs are known before we ask: Help us to ask only what accords with your will; and those good things which we dare not, or in our ignorance cannot ask, grant us for the sake of your Son Jesus Christ our Lord. **Amen.**

The Confession and Absolution

Deacon: Let us confess our sins against God and our neighbor.

You may kneel if able. It is customary each week to acknowledge our human faults and failures knowing that God forgives us and desires growth and abundant joy for all of us.

Silence

All [led by Presider]:

Most merciful God,
we confess that we have sinned against you
in thought, word, and deed,
by what we have done,
and by what we have left undone.
We have not loved you with our whole heart;
we have not loved our neighbors as ourselves.
We are truly sorry and we humbly repent.
For the sake of your Son Jesus Christ,
have mercy on us and forgive us;
that we may delight in your will,
and walk in your ways,
to the glory of your Name. Amen.

Presider: Almighty God have mercy on you, forgive you all your sins through our Lord Jesus Christ, strengthen you in all goodness, and by the power of the Holy Spirit keep you in eternal life. **Amen.**

The Peace

The congregation stands.

Presider: The peace of Christ be always with you.

People: **And also with you.**

Announcements

A Prayer for Birthdays and Anniversaries

O God, our times are in your hand: Look with favor, we pray, on your servant(s) *N.* as *they* begin[s] another year. Grant that *they* may grow in wisdom and grace, and strengthen *their* trust in your goodness all the days of *their lives*; through Jesus Christ our Lord. Amen.

The Offertory

Presider: Reconciled to one another, let us bring our gifts to God. Let us offer our whole selves on this altar, for it has become a table richly laid for the entire world. Come share joyfully in Christ's eternal feast.

The congregation may remain seated until the final verse of the offertory hymn or until motioned to stand.



To make a gift today (not a pledge for 2026) using your mobile device, scan the QR code on the left ... or drop a check in the offering plate ... or mail a check to the Church of the Good Shepherd, P.O. Box 3108, Federal Way, WA 98063.

On the third Sunday of each month, offerings not otherwise designated are contributed to the Rector's and Deacon's Discretionary Funds, which are used to help people in immediate need (parishioners or otherwise) or to assist new, as-yet-unbudgeted ministry opportunities.

*We give not to "pay for the show," but as a spiritual practice of participation for the good of the world and of our souls. The Church of the Good Shepherd is able to operate because of the pledges of its members. We strongly encourage all members to make an annual pledge, no matter how large or small. **To make a pledge today for 2026,** use the pledge card found in your pew or go to <https://tinyurl.com/pledgegoodshep2026>.*

Offertory Hymn: Lord, You Give the Great Commission (*Gather* 3rd ed. #544)



1. Lord, you give the great com - mis - sion: "Heal the
 2. Lord, you call us to your serv - ice: "In my
 3. Lord, you make the com - mon ho - ly: "This my
 4. Lord, you show us love's true meas - ure: "Fa - ther,
 5. Lord, you bless with words as - sur - ing: "I am



sick and preach the word." Lest the Church ne -
 name bap - tize and teach." That the world may
 bod - y, this my blood." Let us all, for
 what they do, for - give." Yet we hoard as
 with you to the end." Faith and hope and



glect its mis - sion And the Gos - pel go un - heard,
 trust your prom - ise, Life a - bun - dant meant for each,
 earth's true glo - ry, Dai - ly lift life heav - en - ward,
 pri - vate treas - ure All that you so free - ly give.
 love re - stor - ing, May we serve as you in - tend,



Help us wit - ness to your pur - pose With re -
 Give us all new fer - vor, draw us Clos - er
 Ask - ing that the world a - round us Share your
 May your care and mer - cy lead us To a
 And, a - mid the cares that claim us, Hold in

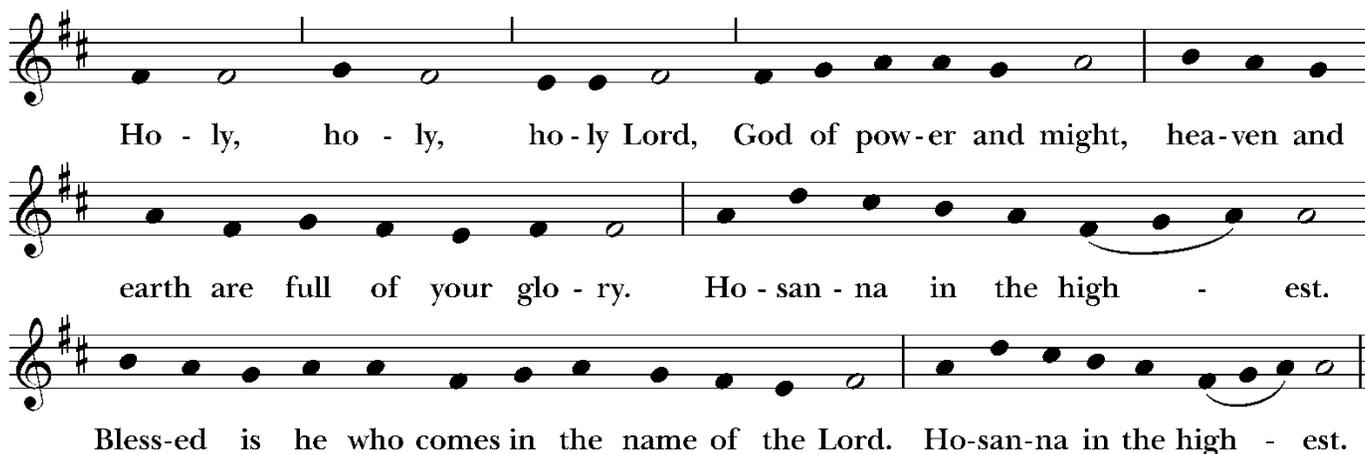


newed in - teg - ri - ty;
 in com - mun - i - ty;
 chil - dren's lib - er - ty; With the Spir - it's gifts em -
 just so - ci - e - ty;
 mind e - ter - ni - ty



pow'r us For the work of min - is - try.

Sanctus (*The Hymnal 1982 #S-124*)



Ho - ly, ho - ly, ho - ly Lord, God of pow - er and might, hea - ven and
earth are full of your glo - ry. Ho - san - na in the high - est.
Bless - ed is he who comes in the name of the Lord. Ho - san - na in the high - est.

Music: From *New Plainsong*; David Hurd (b. 1950). Copyright © 1981 GIA Publications, Inc.

The people kneel (or continue standing).

Presider: O God, you are holy and gracious: In your infinite love you made us for yourself; and, when we had fallen into sin and become subject to evil and death, you, in your mercy, sent Jesus Christ, your only and eternal Son, to share our human nature, to live and die as one of us, to reconcile us to you, our Rock and our Foundation. Jesus stretched out his arms upon the cross, and offered himself, in obedience to your will, a perfect sacrifice for the whole world.

On the night he was handed over to suffering and death, Jesus took bread; and when he had given thanks to you, he broke it, and gave it to his disciples, and said, "Take, eat: This is my Body, which is given for you. Do this for the remembrance of me."

After supper, Jesus took the cup of wine; and when he had given thanks, he gave it to them, and said, "Drink this, all of you: this is my Blood of the new Covenant, which is shed for you and for all for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me."

Therefore, we proclaim the mystery of faith:

Presider and People:

Christ has died.

Christ is risen.

Christ will come again.

Presider: We celebrate the memorial of our redemption, Most Holy God, in this sacrifice of praise and thanksgiving. Recalling Christ's death, resurrection, and ascension, we offer you these gifts. Sanctify them by your Holy Spirit to be for your people the Body and Blood of your Son, the holy food and drink of new and unending life in Christ. Sanctify us also that we may faithfully receive this holy Sacrament, and serve you in unity, constancy, and peace; and at the last day bring us with all your saints into the joy of your eternal Reign.

All this we ask through your Son Jesus Christ: By whom, and with whom, and in whom, in the unity of the Holy Spirit all honor and glory are yours, Most Blessed One, now and forever.
AMEN.

As our Savior Christ has taught us, we now pray:

The Lord's Prayer

Our Father, who art in heaven, hallowed be thy Name,
thy kingdom come, thy will be done, on earth as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses, as we forgive those who trespass against us.
And lead us not into temptation, but deliver us from evil.
For thine is the kingdom, and the power, and the glory, for ever and ever. Amen.

The Breaking of the Bread

Silence is kept.

Presider: Christ our Passover is sacrificed for us.

People: **Therefore let us keep the feast.**

At 10:30:

Fraction Anthem (*The Hymnal 1982 #S-161*)

Lamb of God, you take a - way the sins of the world:
have mer - cy on us. Lamb of God, you take a - way the
sins of the world: have mer - cy on us. Lamb of God,
you take a - way the sins of the world: grant us peace.

Music: From *New Plainsong*; David Hurd (b. 1950). Copyright © 1981 GIA Publications, Inc.

Presider: The gifts of God for the people of God. Take them in remembrance that Christ died for you, and feed on him in your hearts by faith, with thanksgiving.

Communion Music: I Come with Joy to Meet My Lord (*The Hymnal 1982 #304*)

Unison or harmony

1 I come with joy to meet my Lord, for -
 2 I come with Chris - tians far and near to
 3 As Christ breaks bread and bids us share, each
 4 And thus with joy we meet our Lord. His
 5 To - geth - er met, to - geth - er bound, we'll

1 giv - en, loved, and free, in awe and won - der
 2 find, as all are fed, the new com - mu - ni -
 3 proud di - vi - sion ends. That love that made us
 4 pres - ence, al - ways near, is in such friend - ship
 5 go our dif - ferent ways, and as his peo - ple

1 to re - call his life laid down for me.
 2 ty of love in Christ's com - mun - ion bread.
 3 makes us one, and stran - gers now are friends.
 4 bet - ter known: we see, and praise him here.
 5 in the world, we'll live and speak his praise.

Words: Brian A. Wren (b. 1936), alt. Copyright © 1971 by Hope Publishing Company Carol Stream, IL 60188. All Rights Reserved. Used by permission. Music: *Land of Rest*, American folk melody; adapt. and harm. Annabel Morris Buchanan (1889-1983).

A Prayer for Spiritual Communion

Those who cannot be with us on-site to receive Holy Communion may wish to add this private prayer:

In union, O Lord, with the faithful at every altar of your Church, where the Holy Eucharist is now being celebrated, I offer you praise and thanksgiving. I present to you my soul and body with the earnest wish that I may always be united with you and with the Body of Christ. And since I cannot now receive you sacramentally, I ask you to come spiritually into my heart. I unite myself to you and to your Church, and I embrace you with all the affections of my soul. Let nothing ever separate you from me; may I live and die in your love. Amen.

Sending Out Eucharistic Visitors

If Eucharistic Visitors are to be sent to some who could not attend in person today, this prayer follows at the end of Holy Communion. Please stand as able.

Presider: In the name of this congregation, I send you forth bearing these holy gifts, that those to whom you go may share with us in the communion of Christ's Body and Blood.

People: **We who are many are one body, because we share one bread, one cup.**

Post-Communion Prayer

The congregation stands as able.

Presider: Let us pray.

All: **Eternal God, you have graciously accepted us as living members of our Savior Jesus Christ, and you have fed us with spiritual food in the Sacrament of his Body and Blood. Send us now into the world in peace, and grant us strength and courage to love and serve you with gladness and singleness of heart; through Christ our Savior. Amen.**

Solemn Prayer over the People

Deacon: Bow down before the Lord.

The people kneel as able or bow deeply.

Presider: Look mercifully on this your family, Almighty God, that by your great goodness they may be governed and preserved evermore; through Christ our Lord. *Amen.*

Sending Hymn: The Church's One Foundation (*The Hymnal 1982* #525)

1 The Church's one foun - da - tion is Je - sus Christ her Lord;
 2 E - lect from cv - cry na - tion, yet one o'er all the carth,
 3 Though with a scorn - ful won - der men see her sore op - pressed,
 4 Mid toil and tri - bu - la - tion, and tu - mult of her war
 5 Yet she on earth hath un - ion with God, the Three in One,

1 she is his new cre - a - tion by wa - ter and the word:
 2 her char - ter of sal - va - tion, one Lord, one faith, one birth;
 3 by schi - sms rent a - sun - der, by her - e - sies dis - tressed;
 4 she waits the con - sum - ma - tion of peace for cv - er - more;
 5 and mys - tic sweet com - mun - ion with those whose rest is won.

1 from heaven he came and sought her to be his ho - ly bride;
 2 one ho - ly Name she bless - es, par - takes one ho - ly food,
 3 yet saints their watch are keep - ing, their cry goes up, "How long?"
 4 till with the vi - sion glo - rious her long - ing eyes are blessed,
 5 O hap - py ones and ho - ly! Lord, give us grace that we

1 with his own blood he bought her, and for her life he died.
 2 and to one hope she press - es, with ev - ery grace en - dued.
 3 and soon the night of weep - ing shall be the morn of song.
 4 and the great Church vic - to - rious shall be the Church at rest.
 5 like them, the meek and low - ly, on high may dwell with thee.

Words: Samuel John Stone (1839-1900). Music: *Aurelia*, Samuel Sebastian Wesley (1818-1876).

The Dismissal

Presider: Let us bless the Lord.

People: **Thanks be to God.**

At this point our livestream ends. Coffee, snacks, and ongoing conversation are available after each service.

What's Happening at Good Shepherd?

Because our service leaflet is posted on the Web for all to see, we don't print here parishioners' personal contact information. Members of Good Shepherd are given a printed parish directory. If you'd like to participate in something but don't know how to contact the appropriate person, please contact the church office at office@goodshepherdfw.org.

Midweek Bible Study

Thursdays, 10:30–11:45 a.m. in the Gathering Room

This group picks a book of the Bible to read straight through and discuss. Currently we are reading the Book of Isaiah. Questions? Contact **Pastor Josh**.

Lenten Study Group Continues: God Moments

Wednesdays at 7:00–8:30 p.m. through March 25

What's a God Moment? Why and what does that mean to me? Join us as we explore this fascinating aspect of life as a Christian. Recommended (not required) reading is the book *Experiencing God: Faith Narratives of Episcopalians*. Register at tinyurl.com/CGSGodMoments or contact **Evan Hershman** (evan@goodshepherdfw.org). The class is planned to take place on Zoom, but an in-person component may be added depending on interest. Questions? Contact **Janelle Coy** or **Judith Perkins**.

Facilities Work Party

Saturday, March 14, 10:00 a.m. – 12:00 p.m.

Let's do a little spring cleaning before Easter! The Facilities Team invites one and all to a Saturday morning time of tidying and maintaining. Projects may include moss removal, hauling heavy things, trimming trees and bushes, cleaning windows, etc. All ages are welcome. Questions? Contact **Pastor Josh**.

Vestry Meeting

Tuesday, March 17, 7:00–9:00 p.m.

Curious parishioners are always welcome to attend these monthly meetings of our governing board, which take place in Seaman Hall. The vestry is the governing board of the parish, with responsibility for temporal affairs such as budgets, buildings, legal matters, etc., and aids and support the Rector in all efforts for the spiritual welfare and growth of the parish. Questions? Contact **Pastor Josh**.

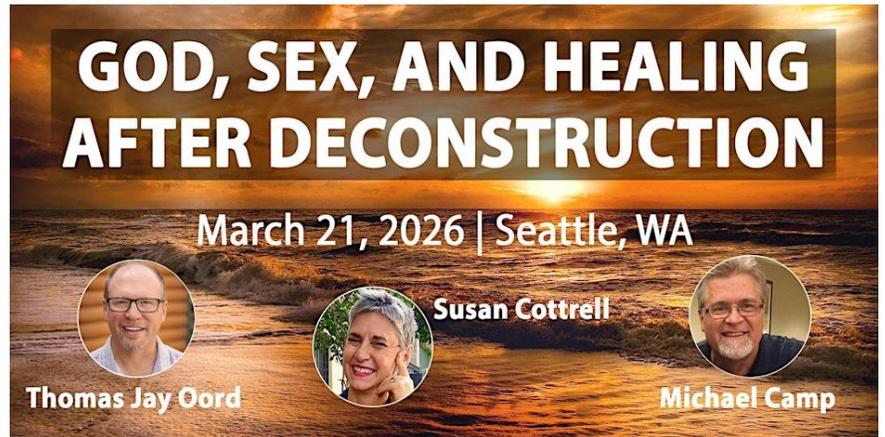
God, Sex, and Healing After Deconstruction

Saturday, March 21

3:00-6:00 p.m.

Worship Space

Struggling with toxic religion? Learn how to break free from harmful beliefs and find freedom and healing within an affirming spirituality. Be encouraged to address harmful beliefs in evangelicalism or some other high-control religion. Speakers and topics include:



8 Reasons and Responses to Faith Deconstruction - Tom Oord

Why people deconstruct their faith and how “open and relational theology” helps rebuild a more rational, healthier spirituality that aligns with our intuitions about love and freedom.

The Joy of Sex After Deconstruction - Susan Cottrell

How to deconstruct the sexual shame put on us by religionists and find joy again (or for the first time). Step into a fully affirming safe space for the LGBTQ+ and straight community.

Heal from Toxic Religion and Flourish Spiritually - Michael Camp

Faith deconstruction is liberating but leaves scars of spiritual abuse and church hurt. Learn how to heal from toxic faith and thrive using lifegiving tools and love-based practices.

Space is limited, so registration is required at Eventbrite: <https://tinyurl.com/godsexhealing>.

Questions? Talk to **Pastor Josh**.

Palm Sunday Potluck

Sunday, March 29 after the 10:30 service

Join us for this time of celebration, rejoicing in the prophetic and triumphal entry of Jesus into Jerusalem on His path to bring salvation to the world. The Fellowship Committee will provide ham, beverages, and a few side dishes, but we ask you to bring your favorite side dishes, rolls, salads, or pies. Let’s share in God’s many blessings! Questions? Contact **Rick Kincade**.

HOLY WEEK and EASTER at Good Shepherd

We are Christians. This is our story. Help us tell the story!

PALM SUNDAY, March 29

On Palm Sunday we remember the day Jesus rode into Jerusalem ... on a donkey. Perhaps no other liturgy in the entire year contains as violent shift in mood as this one. At the end of the service, we participate in the great unraveling that propels us into Holy Week. Regular worship schedule. For 10:30 Eucharist: Please join us downstairs in Seaman Hall at the beginning for the palm procession into the church.

THE TRIDUUM: “Three Days”

Our annual participation in the death and resurrection of Christ is actually one liturgy, taking place over three consecutive evenings.

Part 1: MAUNDY THURSDAY, April 2

7:00 p.m. Maundy Thursday Eucharist with Footwashing and the Stripping of the Altar. *On the night of his arrest, Jesus gave us parting instructions. Tonight, we join the apostles to hear and carry out those instructions again.*

Part 2: GOOD FRIDAY, April 3

12:00 noon or 7:00 p.m. The Good Friday Liturgy with the Veneration of the Cross. *Our annual remembrance of the death of Jesus focuses on the Cross as an icon of redemptive suffering, tempered by our faith that even death is no obstacle to God. Our offering from this service will benefit the work of Anglican Churches in the Holy Land.*

Part 3: THE GREAT VIGIL OF EASTER, April 4

8:00 p.m. Gather outside the church. (Bring a bell, drum, or noisemaker to use at the time of the proclamation of Easter.) *This is the night. We light the new Paschal flame. By candlelight, we hear the ancient tales of God's works of salvation. We come to the water to renew the vows of our baptism. We proclaim Easter! And then all are invited to the table, old and young, sinners and saints, to share in the eternal meal of the Risen Christ. Bring the whole family. Bring kids and little ones in pajamas. Bring parents. Bring friends. Bring anyone and everyone who is in need of Good News!*

Good Shepherd Clergy, Staff, and Lay Leadership

The Rt. Rev. Phil LaBelle, *Bishop* (bishop@ecww.org)
 The Rev. Josh Hosler, *Rector* (josh@goodshepherdfw.org)
 The Rev. Anna Lynn, *Deacon* (anna@goodshepherdfw.org)
 The Rev. Dr. Roy McLuen, *Priest Associate (Retired)*
 Alan Lynch, *Director of Music* (alan@goodshepherdfw.org)
 Evan Hershman, *Parish Administrator* (evan@goodshepherdfw.org)
 Tetiana Chyshynska, *Sexton*
 Hilary Mayhan, *Bookkeeper* (hilary@goodshepherdfw.org)
 Judith Perkins, *Senior Warden*
 Betsy Grabinski, *Junior Warden*
 Karen White, *Treasurer* (karen@goodshepherdfw.org)
 Beth Shoemaker, *Assistant Treasurer* (beth@goodshepherdfw.org)
 Mary McClellan Aronen, *Ministry Coordinator*

Today's Service Ministers

Presider/Preacher: The Rev. Josh Hosler
Organist: Don Ramage
Cantor: Alana O'Donnell

March 8	8:00 a.m.	10:30 a.m.
Tech Team		Deb Smith, Konrad Thomas
Ushers		Tracie Manolides, Lee Hitzeman
Altar Guild		Carole Loudenback
Flowers		Lenten Branches
Worship Assistant	Shannon Molina	
First Lector	Andy Jowenson	Carole Loudenback
Second Lector/Intercessor	Shannon Molina	Jane Ely
Eucharistic Ministers		Mary Aronen, Billie Stockton
EM Trainee		Janelle Coy
Coffee Hour	Laura and Tom Jowett	Linda Butcher, Judith Perkins, Janelle Coy
Counters		Susan Ennarro, Jane Ely

We sing hymns at the 10:30 service only. All music used during this service, unless otherwise noted, is licensed for online streaming through onelicense.net #609900. Art files, unless otherwise noted, are licensed under the Creative Commons Attribution Noncommercial ShareAlike 3.0 License.